



Wellness Benefit Program

NDPERS Wellness Forum

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WELLNESS BENEFIT PROGRAM

- **Available to all state agencies and participating political subdivisions in the State's health plan**

GOALS:

- **Provide funding assistance for on-site wellness and health promotion efforts that will have a positive financial impact on health plan expenditures.**
- **Encourage work site promotion and increase awareness of lifestyle and wellness programs by our participating employers.**
- **Provide a resource of programs that can be referenced by others.**

PROGRAM FUNDING

Calculation 1:

\$100% of the first \$500 or actual program expense, whichever is less, plus 75% of actual expenses in excess of \$500 to a maximum benefit of \$1,000 OR

Calculation 2:

\$2.00 times the number of health contracts

Eligible for funding to conduct one on-site program each fiscal year. Expenses applied to FY in which incurred.

PROGRAM FUNDING

Example 1:

Calculation 1

Expenses: \$1,000

100% 1st \$500 = \$500 **OR** 250 x \$2 = \$500

75% of \$500 = \$375

T. Reim \$875

Calculation 2

Contracts: 250

PROGRAM FUNDING

Example 2:

Calculation 1

Expenses: \$1,500

100% 1st \$500 = \$500 **OR** 1000 x \$2 = \$2000

75% of \$1,000 = \$375
\$1,250

Max Benefit \$1,000

Calculation 2

Contracts: 1000

T. Reim \$1,500

PROGRAM FUNDING

Example 3:

Calculation 1

Expenses: \$350

Calculation 2

Contracts: 50

100% 1st \$500 = \$500 **OR** 50 x \$2 = \$100

T. Reim = \$350

PROGRAM FUNDING

Example 4:

Calculation 1

Expenses: \$5,000

100% 1st \$500 = \$500 **OR** 2000 x \$2 = \$4000

75% of \$4,500 = \$3,375

\$3,875

Max Benefit \$1,000

Calculation 2

Contracts: 2000

T. Reim \$4,000

APPLICATION PROCESS

- **Employer Initiated Program – Work site develops own program and submits application to NDPERS for consideration.**
- **PERS Sponsored Program – PERS develops specific programs and make them available to eligible employers.**

APPLICATION PROCESS

- Application to NDPERS prior to conducting the program.
- Applications and related information available from NDPERS web site:

www.nd.gov/ndpers → Program Administration



APPLICATION PROCESS

- **Reviewed by Wellness Benefit Committee**
 - **BCBS**
 - **State Health Department**
 - **NDPERS**
- **Will be notified of Committee's decision within 60 days.**

REIMBURSEMENT

- **Two options:**
 - **Reimburse vendor direct**
 - Provide an itemized invoice
 - **Reimburse the employer**
 - Provide an itemized invoice
 - Copy of cancelled check
- **Submit to NDPERS**
- **Reimbursement is made by BCBSND**

PROGRAMS FUNDED

- **Preventive screening clinics**
- **Video and workbook educational series' on healthy life styles**
- **On-site flu shot programs**
- **On-site wellness fairs**
- **Education on nutrition and exercise**

PROGRAMS FUNDED

- **Various walking programs**
- **5-A-Day Challenge; healthy eating habits**
- **Fitness programs promoted by various vendors (Yoga, stretching, strength training)**

- **QUESTIONS?**

